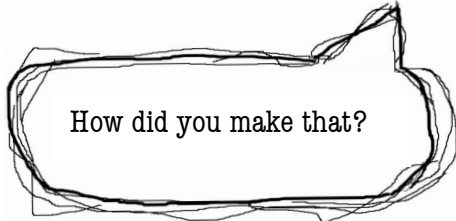


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Introduction



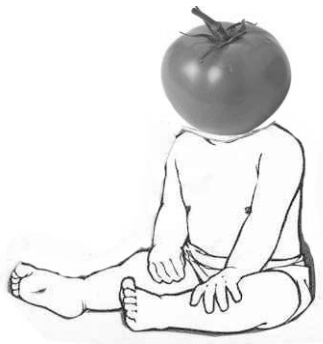
How did you make that?

This cookbook attempts to provide an answer to the question that comes up at every Midnight Kitchen serving. Whether it's a veteran volunteer or a first-timer, the Midnight Kitchen piques the interest of the "foodphiles" in all of us. In the MK context, "foodphilia" has nothing to do with connoisseurs or bourgeois fads, but refers to an interest in *how* that food was grown, how it was traded and how it is prepared for you by Midnight Kitchen volunteers.

This cookbook aims to be a snapshot of Midnight Kitchen's repertoire and not a comprehensive vegan tome. The personality of the recipes reflects the realities of the donated food selection and the Shatner kitchen facilities. The favorite cooking techniques are stewing, baking or boiling because they are most efficient when cooking mass quantities for servings. Nevertheless, each recipe illustrates some basics that you can adapt to your own home cooking style and fancies. I hope this cookbook inspires you to chew over nutrition, savour veganism, weigh up food production, acquire a bad taste for corporatization, and delect in food alternatives.

Bon Appétit,

Bianca Cappellini



Mission Statement

The Midnight Kitchen is a non-profit, worker-run collective dedicated to providing affordable, healthy food to as many people as possible.

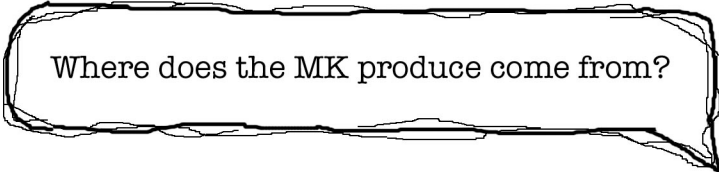
- We aim to empower individuals and communities by providing a working alternative to current market-based systems of food collection and distribution. We oppose privatization, corporatization and other processes that actively disempower people by obstructing their access to resources and independence.

- We will provide education on food issues, both inside and outside of the collective, and provide a space for the exchange of ideas within the community.

- We recognize that much of the politics surrounding food production and distribution are part of a larger system of oppression. By reclaiming control over the distribution of food in our community we are acting in the pursuit of social and environmental justice and we will support others who share these goals.

- We will organize and act according to principles of anti-oppression.

MISSION STATEMENT




Where does the MK produce come from?

Our fresh produce comes from market vendors and grocers who are willing to donate edible surplus which would otherwise be thrown away. This surplus is thrown out in order to keep prices high – a product of curbing supply with relation to demand. The food industry in Canada is highly inefficient. We question the methods and aims of food production and distribution and attempt to interfere with it—by redistributing small amounts of the surplus to feed people at low/no cost as a not for profit service.



How is food political?

How and where food is produced, how it is transported and processed, where it is bought or exchanged, how it is prepared or cooked, and with whom it is shared are all political considerations. We oppose privatization, corporatization and an economic system that requires inequitable distribution of resources and power in order to exist. Our project is an empowering example of self-reliance. We are reclaiming control of the food system on a local scale. Cooking and serving cheap, delicious meals offers a concrete alternative to corporate food in our lives. It allows for further organizing around related issues in the McGill community, and counteracts the system of distribution which promotes scarcity and the waste of so much healthy produce at all levels of the food industry.



What's vegan?

Vegan *vegan*

Pronunciation: 'vE-g&en also 'vA- also 've-j&en or -'jan

Function: noun

Etymology: by contraction from vegetarian

: a strict vegetarian who consumes no animal food or dairy products.

(*Merriam-Webster Dictionary*, 2005)



Why Vegan?

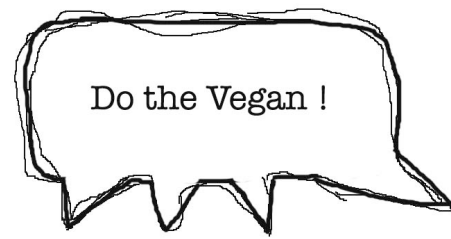
By purchasing bulk supplies of dry foods and using the donations of fresh produce, a vegetable menu is the most economical and reliable choice for us. Plus, by avoiding dairy and meat, we don't have to worry about storage or dangerous spoilage problems.

We feel that serving vegan food is the most inclusive and accessible option considering diet restrictions determined by political, cultural, religious, health or moral factors.

In an urban setting eating 'lower on the food chain' promotes a more responsible environmental attitude, in accordance with our pursuit of social and environmental justice.

It's also a very healthy way to eat; low in fat, zero cholesterol, high in fiber, lots of antioxidants, vitamins, minerals, phytochemicals, sufficient protein, folic acid and vitamin B folate for your heart...

Besides, it's yummy.



Notes on preparing the basics

Beans- When you consume dried beans you're doing yourself a favor by avoiding the preservatives and smellier qualities of canned beans. It just takes a little planning. All you have to do is wash beans in cold water and soak overnight in approximately 3x the volume of water. Before cooking the beans, rinse them one more time. See the table below for an indication as to how much water to cook the beans in. Bring beans to boil in a pot and then simmer until the beans are tender enough to eat. Add salt to beans towards the end of cooking as this prevents the beans from drying out or getting oversalted.

Stovetop cooking times for beans

1 cup	Water	Minutes
Black	3 ½ cups	1 ½ to 2 hours
Black-eyed peas	3 cups	1 hour
Borlotti	3 cups	1 ½ hours
Cannellini	3 ½ cups	1 ½ to 2 hours
Chickpeas (Garbanzo)	4 cups	3 hours
Kidney	3 ½ cups	2 hours
Lentil	3 cups	35-45 mins
Split Pea	3 cups	45 mins
(lentils and peas do not need to soak overnight)		

Lentils and split peas- Give them a rinse and place in pot with twice their volume in water. Bring to boil and simmer 30-45 minutes. Soaking lentils for 1-2 hours before helps cut down their cooking time but overnight soaking is not needed.

Grain- Grains are a great source of protein. When germinated their nutrient and vitamin content increases. Wash grain in cold water and drain; bring water in a pot to boil then add grain and lower heat, cover and leave to simmer. Grains cook the best when left undisturbed. Cooking grains in lemon, tomato juice or stock greatly enhances flavour.

Rice- Wash rice thoroughly multiple times and place in a pot with enough water (see table below). Soaking brown rice an hour before cooking reduces cooking time. Bring to boil, reduce heat and tightly close lid. Rice cooks best if not stirred. Cook until all liquid has evaporated. Fluff the rice and serve. Try to break out of the plain routine by adding different oils, spices, coconut milk, or cumin seeds to rice as it cooks.

Stove top cooking times for grains*

1 cup	Water	Minutes
Barley	3 cups	30 mins
Basmati	1 $\frac{3}{4}$ cups	15-20 mins
Brown Rice	3 cups	45 mins
Buckwheat (Kasha)	2 cups	20 mins
Bulgur	2 cups	15 mins
Couscous	1 $\frac{1}{4}$ cups	5 mins
Kamut	4 cups	2 mins
Millet	2 cups	30 mins
Quinoa	2 cups	15 mins
White Rice	1 $\frac{3}{4}$ cups	15-20 mins
Wild Rice	3 $\frac{3}{4}$ cups	45 mins

*Source: Robertson, Robin. *Vegan Planet*, The Harvard Common Press, 2003.

Stock- Stock is nothing more than a vegetable based broth used as flavouring in the cooking process. Making your own stock is easy and a good alternative to bouillon cubes which often contain MSG or sneak in animal products. While preparing a meal put aside stock materials for later use. You can store these in the fridge. Stock materials should be clean plant matter that you cut away from the edible parts, for example: washed skins, peels, stems and scraps from onions, garlic, vegetables, carrots, celery, leafy greens, broccoli and herbs. Simply boil these ingredients in a pot of water along with fresh onion garlic and spices such as salt, pepper, cumin, thyme, chili flakes, bay leaves, parsley, rosemary etc. for 1 hour or more. Once the stock has cooled, strain the contents of the pot discarding the solid matter and keeping the broth as your stock. The stock can be stored in the freezer for several weeks (as you would store soup). Voilà! You have your own stock- and you know exactly what went into it.



Starters



Why can't appetizers be a whole meal? The following starters double as sandwich spreads. Also, when you're in a potluck squeeze these are some fast and nutritious recipes that will come in handy.



Hummus

1 ½ cups cooked or one 15 oz can of chickpeas (aka Garbanzo beans) drained and rinsed.

¼ cup tahini (sesame butter)

½ lemon juiced

a couple cloves of garlic

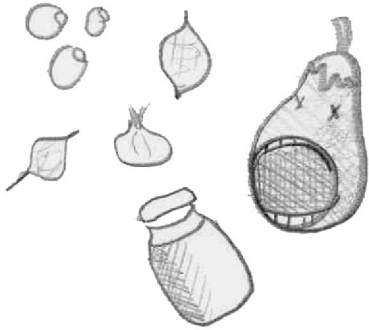
1 tbsp of salt

1-2 tbsp olive oil

Blend the ingredients in a food processor (a blender will work too with small quantities at a time). Adding hot pepper like cayenne or fiery harissa (north African chili sauce with cumin and coriander) gives it some pizzazz.

Will keep for several days in the fridge.

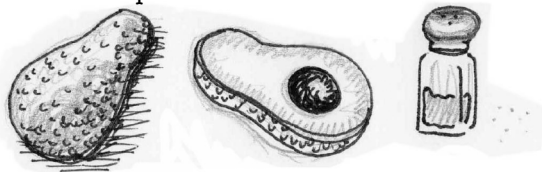




Baba Ganoush

1 large eggplant
 2 minced garlic cloves
 1/3 cup of tahini (sesame butter)
 Juice of one lemon
 1 tbsp olive oil
 Salt
 Minced mint leaves

Preheat oven to 375 degrees F. Bake the eggplant whole until soft for about 40 minutes. Alternatively, you can dice the eggplant and it will cook faster. Cooking it whole makes it easier if you want to discard the skin after it cools. Blend or food process the eggplant with remaining ingredients until smooth. Sprinkle mint on top.



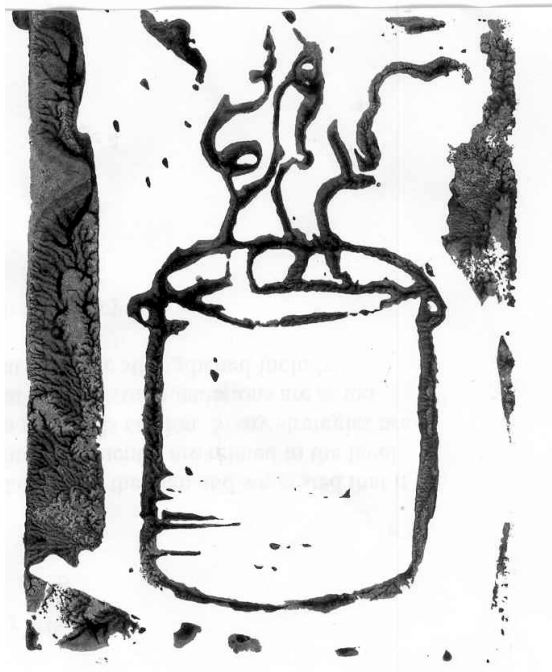
Guacamole

2 ripe avocados pitted, and peeled
 1/2 cup minced onion
 1/2 chili pepper minced
 or 1/2 tsp chili flakes
 1 lemon or lime juiced
 1 1/2 tsp salt
 1tsp minced garlic

Avocado Tip: Storing avocados in a brown paper bag or next to other maturing fruits causes them to ripen faster.

Mash all of the ingredients together or blend them in food processor. Cold water can be added as needed to make the Guacamole smoother and runnier. Garnish with cilantro. Alternatively, add some color by including some diced tomato.

Soups and Stews

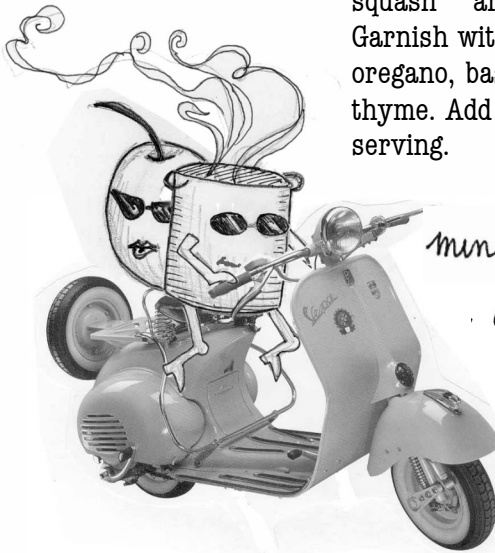


Minestrone

Don't be intimidated by the long list of ingredients- these are suggested components of a vegetable soup. The important thing is to follow the prep technique.

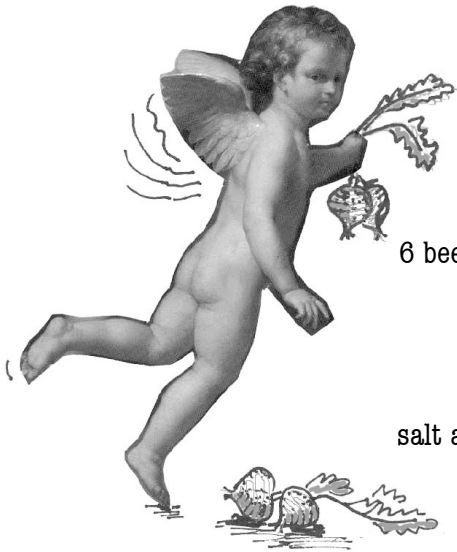
3 tbsp extra virgin olive oil	3 cloves garlic
1 or 2 large onions	2 carrots
2 zucchini (or squash)	2 potatoes
2 cups shredded cabbage	2 celery stalks
4 cups chopped leafy green	
1 ½ cups soaked (or canned) beans	
4 tomatoes or one can of diced tomato	
salt and pepper to taste	
2 cups grain (barley, quinoa or buckwheat)	

Begin by heating olive oil in a pot. Add garlic and minced onion. Sauté onion until translucent. Combine the rest of the ingredients chopped or cubed. Add enough stock or water to cover everything. Combine tomato and grain halfway through cooking. Simmer the contents for 1 hour or until carrots or squash are thoroughly cooked. Garnish with the following if desired: oregano, basil (or pesto), savoury or thyme. Add a dash of olive oil before serving.



*minestrone on vespa
with olive*

Borscht



3 tbsp oil
3-4 garlic cloves
1 tbsp minced ginger
1 tsp cumin
1-2 large onions
6 beets peeled and chopped (1 lb)
4 carrots
4 potatoes
2 cups chopped cabbage
water or stock
salt and pepper, red wine vinegar
and lemon juice to taste

Start by boiling a big pot of water. Separately, sauté onion, garlic and ginger (with spices) in a pan until soft. Add this to water pot along with beets, cabbage, potatoes and salt. Throw in the carrots a little later. Simmer until the contents are soft (about 30 minutes). Finally, add vinegar, lemon juice, and pepper to taste and more spices if necessary.

MK often serves borscht with a hearty grain, like barley.

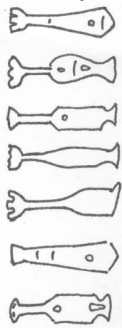
Butternut Squash Soup



Butternut, spaghetti squash, acorn squash and pumpkin are economical and hearty ingredients to incorporate into your fall/winter kitchen repertoire. Squash can be prepared by quartering it and baking it in the oven until tender. Or, you can peel it, cube it and cook it in a pot with an inch of water until it's a soft purée.

3 tablespoons olive oil
2 onions, peeled and sliced
1 medium butternut squash, peeled and cut into cubes
(approximately 8 cups)
2 teaspoons salt
black pepper
1 tsp cumin
thyme
3 cups water

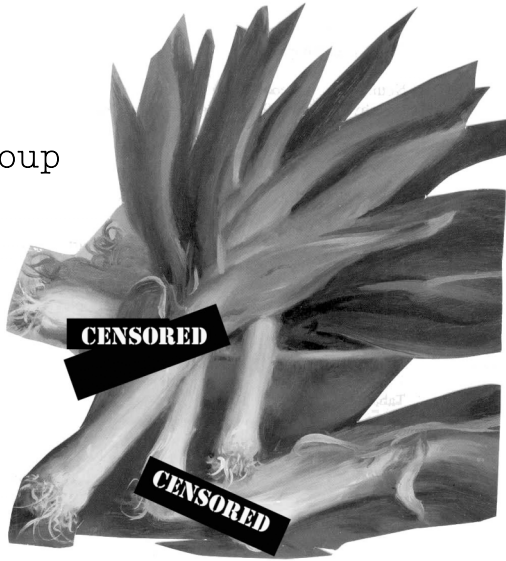
In a soup pot, heat the oil and sauté the onions. Cover, reduce the heat, and cook for 15 minutes. Add the squash and sprinkle with salt, pepper, cumin, and thyme, cover the pot. Cook for another 15 minutes, so the squash soaks up the flavour. Add water or stock and bring to a boil, cover, and simmer on lower heat for 30 minutes or until the squash is tender. Blending or food processing the soup gives it a thick and creamy texture. Rice or grain accompanies this dish nicely.



not vibrators! hand held blenders



Potato Leek Soup



Nothing will leave you as warm and comforted on a winter day as a soup this rich in carbohydrates.

3-4 potatoes diced
3 garlic cloves, minced
1 onion, chopped finely
1 tbsp oil
2 medium leeks (white and light green parts only), washed well and thinly sliced
2 1/2 cups stock or water

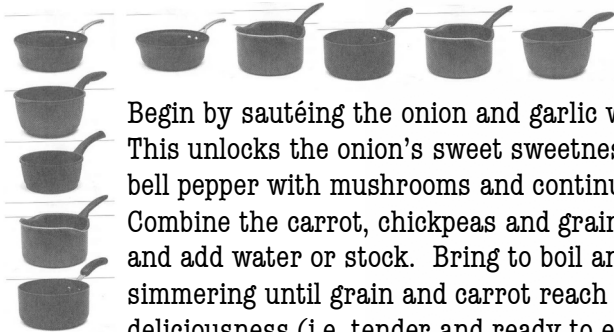
Possible Garnishing: parsley, minced chives or green onion tops, basil, dill, or hot sauce

In a pot or saucepan cook garlic and onion in oil over moderately low heat, stirring until onion is softened and translucent. Add potato and leeks and cook for a couple of minutes. Stir in stock or water and simmer for 30 minutes or until potato is very tender. If desired, purée soup in batches until very smooth.

Mushroom Grain Soup

Mushrooms have such a rich aroma. Too bad they have no nutritional content whatsoever. Never fear, as you can still make this a complete meal by using a hardy grain such as barley or quinoa. There is also room to add your favorite leafy greens to this rich winter soup.

2 carrots diced
1 onion minced
2 garlic cloves minced
1 bell pepper thinly sliced
2 tbsp oil
15-20 mushrooms sliced
1 cup grain of choice
½ cup cooked chickpeas
salt & pepper
3-4 cups water or stock



Begin by sautéing the onion and garlic with oil in a pot. This unlocks the onion's sweet sweetness. Next, add bell pepper with mushrooms and continue simmering. Combine the carrot, chickpeas and grain in the pot and add water or stock. Bring to boil and continue simmering until grain and carrot reach their apex of deliciousness (i.e. tender and ready to eat!).

Carrot Ginger Soup

2 tbsp oil
1 onion
3-4 garlic cloves
2 tbsp ginger minced
1 hot chili or 1 tsp chili flakes
4-6 carrots
4 potatoes or sweet potatoes
2 celery ribs chopped
½ cup red lentils
water
1 tsp turmeric
1 tsp cinnamon

Ginger Tip: A good way to take the skin off ginger is to scrape it with the edge of a spoon. It removes the skin without wasting as much ginger as peeling it with a knife would.

First, sauté onion, garlic and ginger in oil. When the onion has caramelized and become soft, add the spices while continuing to stir. Add the rest of the ingredients and just enough water to cover it all. Bring the pot to a boil and simmer for 40 minutes. You know the soup is ready when the lentils are done.

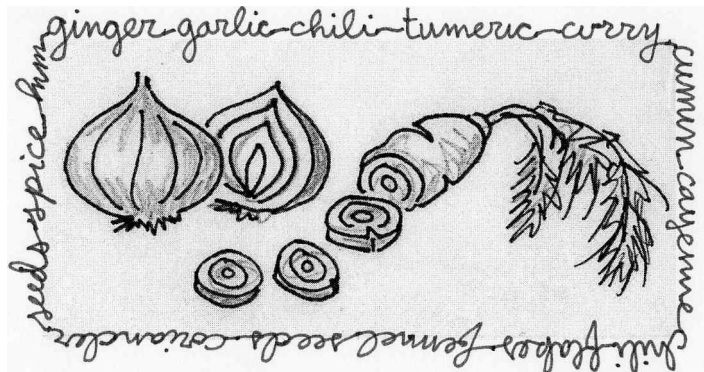


Lentil Curry Stew

Let's say it how it is- curry makes any vegetable taste better. Lentils thicken the stew and provide the protein that keeps on giving throughout the day. Experiment with brown and green lentil variations.

2 cups red lentils	1 tbsp curry or garam
1 tbsp cumin	masala
3 tbsp oil	3 tomatoes or ½ can
½ tbsp chopped ginger	1 onion
½ tbsp minced garlic	2 carrots
½ tsp chili powder	water and salt
½ tsp turmeric	lemon juice (optional)

Rinse the lentils and set aside. Heat oil in pan and add the onion and sauté until softened. Add the spices and stir-fry them together. Add the lentils, carrots, tomato and enough water to cover everything. Opting for less water will make the stew thick (sticks to your ribs though). Reduce heat and simmer for 30 minutes. When the lentils are cooked, add salt and more spices as needed. The dish can be garnished with cilantro and fresh chilis. Aromatic basmati rice will do this stew justice.



Split Pea Soup

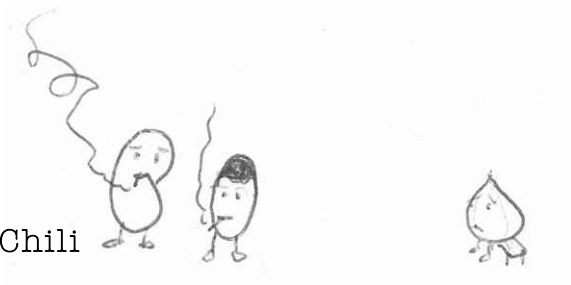
1 onion or leek	3 carrots
3-4 tbsp olive oil	2 potatoes
2 garlic cloves	2 cups split peas
bunch of parsley	$\frac{1}{4}$ cup lemon juice
water or stock	a couple bay leaves
1 celery rib chopped	

Sauté onion or leek in a pot with garlic and parsley until soft. Combine water, peas, veggies and bay leaves. Bring to boil and reduce heat to medium-low; simmer uncovered until thick and soupy (about 1 hour). Whisk in salt, olive oil, lemon juice and pepper at the end and remember to discard the bay leaves. You make the soup thicker by choosing how much water to add but remember that split pea soup will thicken as it cools.



Main Dishes



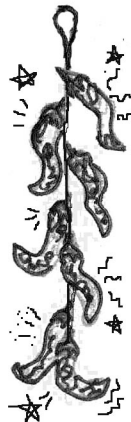


Three Bean Chili

Bean-a-licious! Not only are beans a great source of protein but they're an important source of iron along with leafy greens, seeds, nutritional yeast, dried fruit and seaweed.

1 tbsp olive oil	28 oz can tomato diced or crushed
1 large onion	1 ½ cup black beans
1 green bell pepper	1 ½ cup pinto beans
2 garlic cloves	1 ½ cup kidney beans
1 hot chile	1 ½ cup water
3 tbsp tomato paste	about 10 mushrooms
2 tbsp chili powder	
½ tsp cocoa	
¼ tsp cinnamon	

Heat olive oil in a pan. Add onion and bell pepper, cover and cook 10 minutes. Add garlic and hot chili. Stir in tomato paste, chili powder, and crushed tomatoes. Add all the beans, veggies, water and seasonings. Simmer 30-40 minutes. Rice makes a good combo with beany chili.





Vegetable Curry

Ahh curry, we love your versatile ways. You don't have to follow the recipe to a 'T', what is important is the cooking order and technique.

2 carrots diced	1 medium eggplant diced
3 potatoes diced	2 cups cauliflower
10 mushrooms	1 large onion
1 bell pepper	4 tomatoes (or 1 can)
12 oz of cooked chickpeas	
4 tbsp oil	

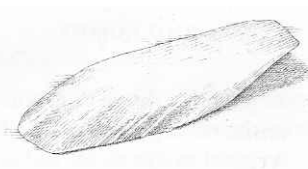
Spices: 2 garlic cloves, equal mass of ginger, 1-2 hot chilies (chili flakes will do), 1 tsp turmeric, 2 tsp coriander, 1 tsp cumin, 1 tsp cinnamon, 1 tbsp curry powder or paste

Heat oil in a pan and sauté onion for a few minutes. Combine all the spices and add a half-cup of water to make a potent curry sauce. After 1 minute, add all the diced veggies and enough water to almost cover the stew. Simmer gently for 30 minutes. It's ready when the hardest ingredients (carrots, potatoes) are cooked.

Alternatively, in the last 5 minutes of simmering add a can of coconut milk. Garnish with nuts and cilantro.



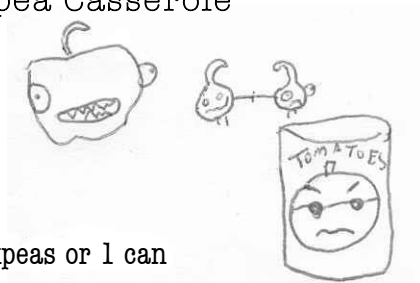
TENDER FLORETS



HARDY STALKS

Eggplant and Chickpea Casserole

2 bell peppers
1 onion
2 cloves of garlic
4-5 tomatoes or 1 can
1 eggplant
300g of soaked, cooked chickpeas or 1 can

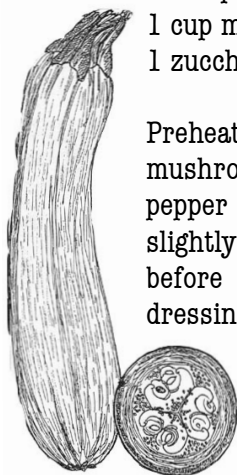


Dice peppers, onion and tomato and mince garlic. Stew these ingredients in a pot for 20-30 minutes so that a nice sauce is created (add water if needed). Proceed by slicing eggplant in ½ inch disks and sprinkling the slices with salt. Cover bottom of a pan with eggplant slices and then smother that layer with sauce- make a couple layers like this. Finally, drain chickpeas and mash them partially with some oil, garlic and herbs. Use this chickpea mash as your final layer on the pan. Bake covered for 20 minutes.

Grilled Veggie Wraps

1 onion	olive oil, peanut sauce or other
1 bell pepper	delectable dressing
1 cup mushrooms	2 tortillas or pitas
1 zucchini	garlic, salt and pepper to taste

Preheat oven on grill or broil. Coat veggies and mushrooms with olive oil and season with salt and pepper and minced garlic. Grill until crisped or slightly black turning once midway through. Let cool before slicing into strips. Toss veggies with dressing/herbs/sauce before wrapping them in a pita or serve them *au naturel*.



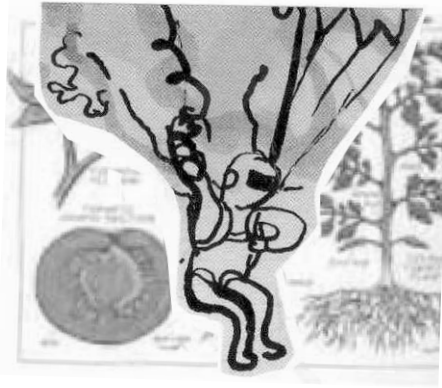
Rice Pilaf

1 ½ tsp cumin seeds
1 onion minced
2 tablespoons olive oil
1 carrot cubed
1 celery rib cubed
1 cup peas
2 handfuls of spinach leaves
2 garlic cloves
2 cups brown rice
water or stock
salt & pepper
parsley



Cook cumin seeds and onion with 1 tbsp oil in a pot over moderately low heat, stirring occasionally, until onion is softened (1 to 2 minutes). Add rice and toast it, stirring frequently, 1 minute. Alternatively, you can use another grain (consult the grain to water ratio chart). Stir in broth, water, salt, and pepper and bring mix to a boil. Reduce heat and cook covered until liquid is absorbed and rice is tender, about 40 minutes. In the last 5 minutes, add carrot celery or other veggies. Add spinach in the last two minutes since it doesn't need to cook but just steam until the leaves are wilted but still bright green. Fluff rice with a fork and toss with parsley and one tablespoon of oil. If you're feeling nutty, add some almonds or pistachios.

Tabuli Tabouleh



Bulgur and Couscous are fast cooking ingredients that are “slow food” approved. This dish is fresh and light. Add some tartness and flavour to your bulgur or couscous by mixing lemon juice or tomato juice with the boiling water.

1 cup bulgur or couscous
3 tablespoons olive oil
2 cup boiling-hot water
1 cup finely chopped fresh flat-leaf parsley (from 3 bunches)
1 cup medium tomatoes diced
1/2 cucumber, peeled and diced
3 tbsp fresh lemon juice
salt & black pepper
mint (optional)

Bring water to boil in a pot. Add Bulgur and 1 tbsp oil, reduce heat to low and cover letting the pot sit undisturbed for 15 minutes. Couscous will only take 5 minutes. Drain to remove excess liquid, if needed. Transfer bulgur to a bowl and toss with remaining ingredients, until well combined. Garnish with mint, if desired. Best served cold.

Canned tomato Tip: If you don't have fresh tomatoes, chose your canned ones wisely. Avoid canned tomatoes that include 'tomato purée' as this is a euphemism for tasteless pre-cooked tomato.

Side Dishes,
Salads and
Dressings



Roasted 'taters etc.

This is a brilliant side dish to place in the oven as you cook your main meal. It's easy and it's a creative way to use more cheap winter tubers.

Suggested baking ingredients: Potatoes, sweet potatoes (yams), onion, garlic, oil, salt, pepper and herbs! Try sage, rosemary, thyme, bay leaves or savoury. Carrots, turnips, or squash could also be added to make the dish more varied.

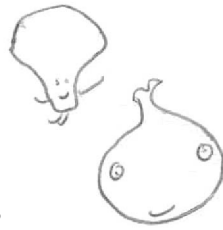
Preheat oven to 400 degrees F. Slice the potatoes and onions in quarters (or smaller as you like). Place in a baking pan and scatter with the minced garlic. You can leave the garlic cloves whole too and they'll get soft inside their skin. The ingredients won't bake as well if they are all piled up on top of each other; spread them out so they are only one slice deep. Dress with a couple tbsp of oil, salt & pepper and herbs to taste. Mix it up! Bake in oven for 30-40 minutes or until potatoes are tender.



Mushroom Gravy

3 tbsp oil
1 onion
3 garlic cloves
salt & pepper

10-20 mushrooms
2 tbsp chopped parsley
2+ tbsp flour or corn starch



Sauté oil, onion, parsley followed by mushrooms in a large frying pan. As the mushrooms cook they release flavourful moisture. When the mushrooms are wilted and browned add a little bit of water, and flour/cornstarch. Bring to boil and reduce heat. The sauce should begin to thicken. Add more water, flour/cornstarch and spices as needed.

Roasted Green Beans

Green beans, soy sauce, sesame seeds, ginger, oil

Heat oven to 350 F. Wash green beans and trim ends. Place them in a pan along with a little oil, soy sauce and ginger. Bake in oven for 20 minutes. Stir once halfway through. Alternatively, the string beans can be steamed or flash boiled. Garnish with soy sauce, seeds, ginger and oil to taste. For a more complex flavour you can toast plain sesame seeds in a frying pan with a pinch of salt.



Marinated and Baked Eggplant

eggplant of medium size, onion, tomatoes

avocado

red onion, sliced thinly

Dressing :

olive oil

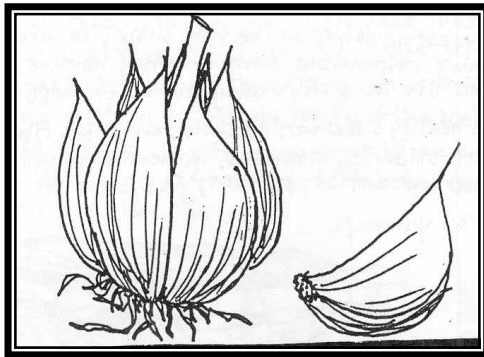
balsamic vinegar

herbs like cilantro, basil, rosemary etc.

brown sugar

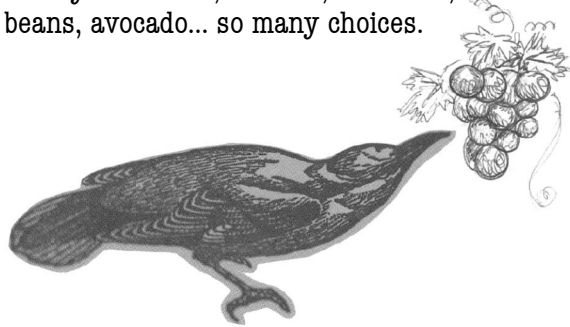
loads of garlic

Slice eggplant into discs. Separately, make marinade by combining olive oil ($\frac{2}{3}$ parts volume), vinegar ($\frac{1}{3}$ part volume), brown sugar, herbs, and crushed garlic. Coat eggplant with marinade. Heat oven to 350 degrees F. Arrange marinated eggplants on a baking pan. Let cook for 20+ min until the slices become soft. Layer the eggplant with avocado slices, onion slices and herbs. The author of this recipe swears by the dish's aphrodisiacal properties.



Salad and Dressings

Let's take the salad beyond iceberg lettuce. Here are some ingredient ideas to make that green salad more charismatic: baby spinach, radicchio, endive, mache, rucola, romaine lettuce, tomatoes, cucumber, cabbage, artichoke hearts, olives, beets, grapes, nuts and seeds, apple slices, citrus slices, cherry tomatoes, raisins, radishes, cooked beans or string beans, avocado... so many choices.



Mustard and Balsamic Salad Dressing

olive oil 2 parts
balsamic vinegar 1 part
mustard, a good dollop
cilantro
1 tsp honey
salt and pepper
1 garlic clove crushed

Olive Oil, Vinegar,
Herb dressing

1 part vinegar (balsamic, apple or lemon juice)
1 part extra virgin olive oil
salt and pepper to taste
sexy herb suggestions:
basil, thyme, oregano, savoury

3 seed Dressing

1 part fennel seeds, 1 part poppy seeds, 1 part mustard seeds
quickly toast the seeds in a pan with a little bit of salt.

2/3 part olive oil

1/3 part vinegar and the seeds

1 tsp soy sauce

salt & pepper

mint leaves, chopped

*Balsamic vinegar is really tasty because it contains sugar. Try adding your own sweeteners like fruit purées, honey or maple syrup to bring your dressing to the next level.

Tahini Dressing

3 tbsp tahini

2 tbsp olive oil

2 tbsp balsamic vinegar

splash of water

juice of one lemon

a couple garlic cloves

1 tbsp cumin

Coleslaw

Shredded green cabbage and red cabbage

Grated beets and carrots

Raisins or apple slices are a nice touch

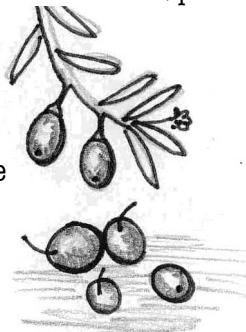
Coleslaw Dressing:

1 part vinegar (white and apple cider is a good combo)

1/4 part sugar (or other sweet substitute)

lemon juice and grated ginger to taste

use a little water if you wish to thin the dressing



Beet, Carrot, Fennel Salad

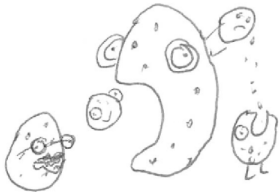


Fennel is celery's tastier cousin. Fennel, as well as the seeds, add a licorice aroma to a dish. Eating a few fennel seeds after a meal aids digestion and sweetens the breath.

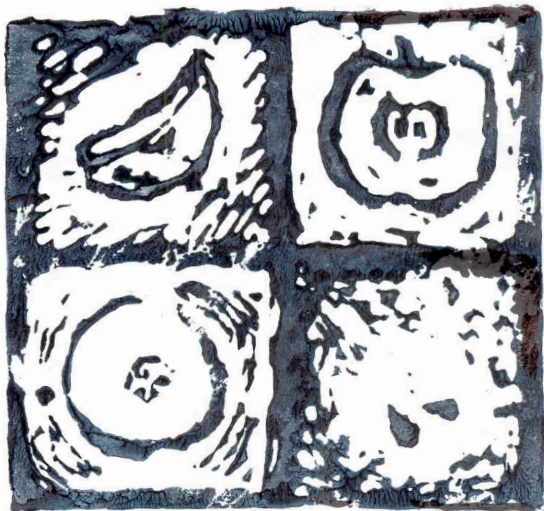
Combine carrot, fennel, cooked beet slices or grated raw beets. Citrus fruits and apples complement beets nicely as well. Garnish with oil, ginger, garlic, and vinegar dressing.

Potato Salad

Cube potatoes and place them in a pot with water. The water level should be 1-2 inches above the potatoes. Add a pinch of salt and bring to a boil. Cook for 10-20 minutes or until the potatoes are tender. Cool the potatoes and combine with minced onion, dill and celery. Get creative and add some cabbage or carrots or walnuts. Garnish with vinegar and a sweetener (sugar, honey, maple syrup).

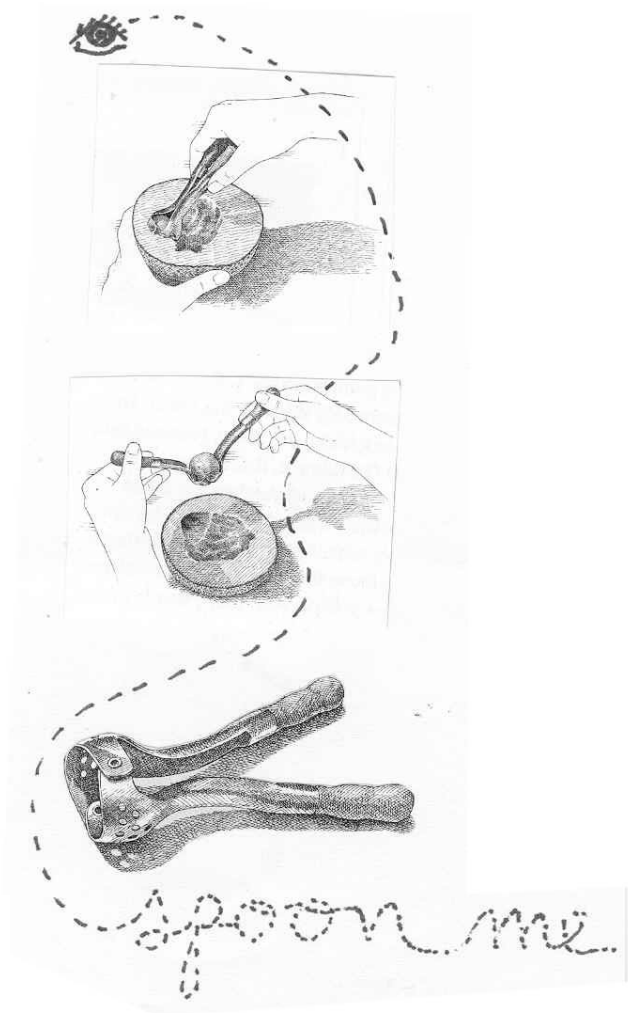


Desserts and Sweets



Fruit Salad

The most important thing in fruit salad (besides your fav fruits, melons and berries) is adding lemon juice. The lemon not only counteracts the fruit from turning brown but it also complements the sweetness. In a bind, another citrus juice will work too. If it tickles your fancy add sugar, raisins, balsamic vinegar, cinnamon, mint, honey or maple syrup.

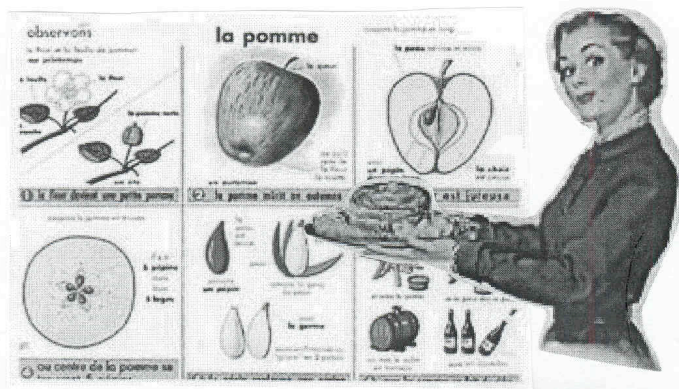


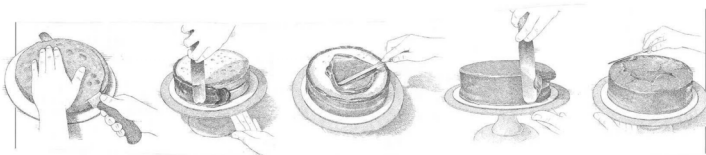
Good Old Apple Cake or Crumble

1 ½ cups flour or oats
1 cup sugar
1 tsp baking soda
a pinch of salt
lots of cinnamon and a little nutmeg
1 cup cold water
2 tbsp white (or apple cider) vinegar
1 tbsp vanilla
4 tbsp vegetable oil
3-4 apples, cut in chunks
optional: raisins or nuts

Opting for flour makes more of a cake where as the oats create a good texture. Use half flour and half oats and nix the baking soda for a crumble. Regardless, the preparation method is very similar:

Mix the dry ingredients together. With a spoon, create 3 holes in this mixture in which you will pour the oil, water and vinegar separately. Stir the wet and dry components– not too much. Add apples and stir. Bake in a greased cake pan for 40 minutes at 350 F. The crumble will take 20-30 minutes.





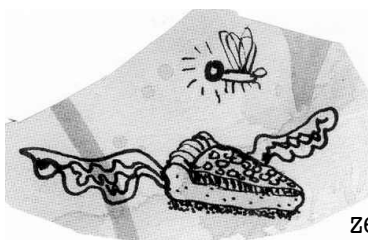
Chocolate Cake

Dry ingredients:

1 ½ cup flour
1 cup sugar
½ tsp salt
1 ½ tsp baking soda
pinch of cinnamon
3 tbsp of cocoa
vegan chocolate chips to taste

Wet ingredients:

4 tbsp oil
1 tbsp white or cider vinegar (not balsamic!)
1 cup water or soy milk or coffee
1 tsp vanilla
water

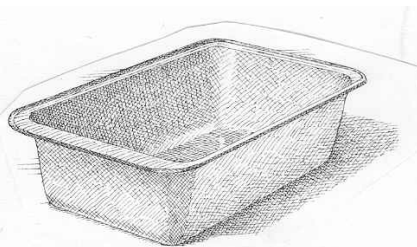


Lemon Cake Variation,
same as above except...
zest of two lemons instead of vanilla

1 cup water or soy milk
juice of 2 lemons followed by water as needed.
Omit the chocolate chips and cocoa part

Process is the same for both:

Mix the dry ingredients. Make three holes in the dry material and pour in the wet ingredients. Combine the ingredients and add water so as to reach a reasonable batter consistency. Bake in an oiled pan at 375 degrees for 40+ minutes or until toothpick or fork comes out clean.



Banana Bread

2 ½ cups flour

2 tbsp baking powder

½ tsp salt

3 very ripe bananas cut
into chunks

½ cup soy milk

¼ cup vegetable oil

¾ cups sugar

1 tsp vanilla extract

Optional:

¼ cup chocolate chips

¼ cup nuts

Preheat oven to 375 degrees F. Oil 9 x 5 inch baking pan. Sift flour, baking powder, salt. Separately, combine banana, soy milk, oil, sugar, vanilla and mash (or food process) until smooth. Add flour mix and fold in nuts and chocolate chips. Transfer to pan and spread evenly. Bake about 1 hour or until a toothpick or fork inserted inside comes out clean.

Egg Substitute Tip: Veganize more dessert recipes with these handy egg substitutes:

- ¼ cup flax seed mix substitutes 1 egg. Liquefy 1 part flax seeds with 3 parts water in blender or food processor until the mix becomes thick and viscous.
- 1 mashed banana substitutes 2 eggs

Banana Tip: When your bananas turn brown store them in the freezer for the next time you bake

Fruit Glaze

1 part finely chopped fruits or berries

½ part water or lemon juice

1 part sugar

Variations: add ginger, ground cloves, cinnamon or molasses for new flavours.



Chop all the fruit finely and combine with rest of ingredients. In a saucepan or pot with a thick bottom stew the fruit 10 minutes on medium-low heat so it gets mushy. Bring mix to simmer and immediately lower heat. You want the sauce to just caramelize into a marmelade-like consistency so don't let it bubble too much as the sugar will burn fast on high heat.

Apple Sauce

8-10 apples peeled, cored, and chopped

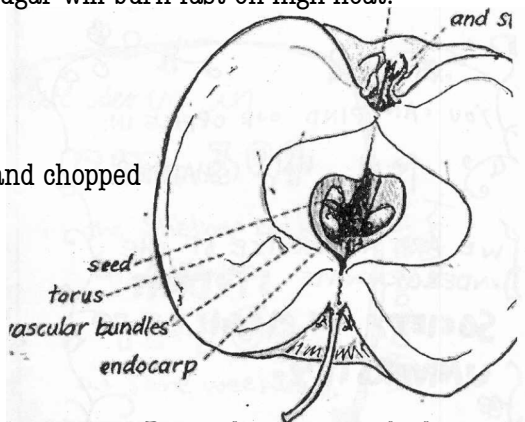
1-1 ½ cups water

1 tbsp lemon juice

½ cup sugar or sweetener

1 tbsp cinnamon

½ tsp crushed cloves



Place all of the ingredients in a pot. Bring the mix to a boil, lower heat and simmer until apples are tender (15 minutes). Mash the mix to create a smooth sauce. Add more water if mix is too thick. Remember to remove the cinnamon stick. Refrigerate for up to 5 days.

Measurement Conversion

Measurements

1 teaspoon (tsp) = 5 mL

3 tsp = 1 tablespoon (tbsp) = 15 mL

2 tbsp = 1 fluid ounce (fl. oz.)

4 tbsp = $\frac{1}{4}$ cup

5 $\frac{1}{3}$ tbsp = $\frac{1}{3}$ cup

16 tbsp = 1 cup = 8 fl. oz. = $\frac{1}{2}$ pint

2 cups = 1 pint

4 cups = 1 quart = \sim 1 Litre

4 quarts = 1 gallon

Weight

28 grams (g) = 1 oz

100 g = 3 $\frac{1}{2}$ oz

454 g = 1 pound

1 kilogram = 2.2 pounds

Contacts and Resources

Local Resources

- Foodnotbombs.net
- slowfoodquebec.com
- Equiterre.qc.ca
- Unionpaysanne.com
- Eco Initiatives (collective gardens)
- Association manger bio : mangersantebio.org
- Regroupement pour le jardinage écologique du Québec
rje.qc.ca
- Réseau crudivoriste Québécois:
www.bioperfection.com/santé/cru/reseau.htm
- Agriculture biologique : www.lavisbio.org
- Fédération des coopératives d'alimentation du Québec:
fcaq.qc.ca
- Regroupement des cuisines collectives du Québec: rccq.org

Other Resources

- The Vegetarian Resources group: vrg.org
- Vegetarian recipes around the world ivu.org/recipes
- Foodnotlawns.org
- corpwatch.org
- Greenpeople.org
- Labournet.org
- Vegetarisme.org

Bookstores and Libraries

- Alternative Bookstore 2035 St. Laurent 2nd floor
- QPIRG McGill's Library 3647 University 3rd floor 398-7432

Where to get Food

- Directory of Food Resources for Low-Income People of Greater Montreal crgm@info-reference.qc.ca 514-527-1375
- People's Potato, Concordia University

- 7th floor of the Hall Building 12:30-2 p.m. M-F
- Le Frigo Vert, Food Coop, 2130 Mackay Street
- McGill Organic Food Coop
<http://www.ssmu.mcgill.ca/foodcoop/>
 Shatner basement, 3480 McTavish
- The Yellow Door, <http://www.yellowdoor.org/>

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 People's Potato Publication, 2002.

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